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Halifax metro



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I will remember him as a hard-working teammate, a friend and a person I could count on if I needed anything. He was very giving and unselfish.

Former Halifax Rainmen player Hillary Haley



'Some tough news to handle'

FATALITY

Remembering Tyler Richards, on and off the court



Yvette d'Entremont
Metro | Halifax

Tyler Richards is being remembered as a hard worker, a good teammate and an even better friend.

On Sunday night, the former star basketball player from the region was found dead in a west-end Halifax home.

"This is some tough news to handle," said friend and former Halifax Rainmen teammate Hillary Haley on Monday.

Officers were called around 8 p.m. after a man in his late 20s was found in a home in the 6900 block of Cook Avenue.

Police have not yet confirmed

his identity, but Metro Halifax has learned the body inside was that of Richards, a former member of the Rainmen and an ex-basketball standout with the St. Francis Xavier X-Men.

Late in the day on Monday, police confirmed Richards' death was the city's latest homicide.

Steve Konchalski, his coach with the X-Men, heard of Richards' death on Sunday night.

"Tyler is a very nice young man. He's a great basketball player. He was a big part of our St. F.X. family," Konchalski said on Monday. "I know he hadn't made some great choices in life, but my feeling is we lost a young man coming into the prime of his life. A mother lost her son. A little girl lost her father."

In a 2007 Atlantic University Sport "Do Your Best" Eastlink television spot, Richards talks about growing up in Mulgrave Park, graduating from St. Pat's High School and making it to St. F.X.

"Whether it's shooting the ball, crashing the boards or hitting the books, just work hard and do your best," he encouraged the audience.

Haley met Richards, whose been in trouble with the law the past several years, in training camp with the Rainmen for the 2012-2013 season.

The two were teammates and remained close friends.

"When you think of Tyler you think of a hard worker and a player who had a chip on his shoulder when he stepped on the basketball floor during practice workouts and games.... (He) never backed down from anything," Haley said in an interview from Morocco. "I loved Tyler because he always worked hard and you could count on him to speak his mind. He never held back how he felt and myself and teammates respected him for that."

Police deem death as homicide, see page 5

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City outlines plan to tackle traffic congestion at Rotary

ROADS

Municipal staff detail best options to ease commute times



Zane Woodford
Metro | Halifax

More than 75 people showed up to a public meeting in Spryfield Monday night to find out how changes to the approach to the Armdale Rotary from Herring Cove Road will affect their commute.

One change would see the exit and entry lanes to the Rotary made longer on Herring Cove Road, which would free up traffic bypassing the Rotary and moving towards Quinpool Road. That's expected to cost about \$1 million.

The other change will affect the intersection of Herring Cove Road and Purcells Cove Road, but exactly what will change there is still unknown.

Municipal staff presented the public with five different options at Monday night's meeting.

Two involve reversing lanes with lights to guide drivers, two involve gates to direct traffic in a similar fashion, and the fifth and priciest option would see the entire portion of Herring Cove



Residents check out proposed changes to the Armdale Rotary approaches during a public meeting at the Captain William Spry Centre on Monday. JEFF HARPER/METRO

Road from Purcell's Cove Road to the Rotary widened to four lanes. Each of the first four options would cost up to \$200,000, and the fifth option could cost up to \$2 million.

Coun. Linda Mosher said she pushed for a public meeting, even though one typically wouldn't be held for this kind of project. "Residents are going through

this every day," Mosher said at the meeting. "Staff's not there at 7:35 a.m. going through, or 8 o'clock and the queues."

"I felt this was a key point that staff needed to find out what

people are dealing with every day," she said.

Municipal manager of transportation planning, Dave McCusker, gave a 10 minute presentation outlining the changes,

“

Traffic volumes are heavy on Purcells Cove Road and Herring Cove Road and there's a lot of congestion most mornings.

Dave McCusker

and then opened the floor to questions.

Residents who spoke up at the meeting were generally skeptical that the changes would improve their commute in any way, pointing to some other changes that could be more effective.

Some called for a bridge across the Northwest Arm, but a suggestion to make transit more attractive got the biggest round of applause from the room full of people at the Captain William Spry Community Centre.

McCusker said that long term fixes like transit would be addressed in the forthcoming integrated mobility plan, but said bus lanes could be an option in that area.

"Even if it's not a long, dedicated transit lane, we can do things strategically at intersections to get buses through a little more quickly than the vehicles can, and there may be an opportunity to do that here as well," he said.



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CHARLOTTETOWN

Greetings and info on Kelly's first day

Peter Kelly's first job as Charlottetown's chief administrative officer (CAO) is to be a quick learner.

Kelly, the former mayor of Halifax, was absorbing information like a sponge during his first "official" day working for the city on Monday, which largely involved shadowing current CAO Donna Waddell.

By mid-morning Monday, much of Kelly's first day had been spent introducing himself to some of the city staff he'll be working with.

"(I went) next door to the fire station and we're going to the police station this afternoon as well," said Kelly. "So far, it's going great."

Kelly will be following Waddell until she finishes the position at the end of April, at which point he'll take over the reins.

He's not an unfamiliar face to many in the city, after having served as mayor of Halifax from 2000 to 2012.

He also took the opportunity to meet many of the staff

about two weeks ago, when his hiring was first announced.

"This is just a re-familiarization of the process," said Kelly.

The biggest obstacle he's facing is getting caught up to speed on the more intricate details of the city in a limited amount of time.

"(The biggest challenge is) just making sure I'm a quick learner and I get caught up to speed with what's going on," said Kelly, who refrained from commenting on any specific issues or challenges he'll be facing in the new role. "I think it's fair that we see what's going on in terms of the transition, make sure the information is complete and that we understand the challenges that are here. And then make sure we get council to address those challenges."

Waddell, who has been serving as interim CAO for the past six months, said she was confident in Kelly's ability to pick up the new role.

"I've had a few days with him already but I've known Peter for a number of years beforehand. Not well, but we certainly knew one another," said Waddell. "I'm very confident Peter can do the job and pleased to be leaving it in his hands, I just want to make sure he has everything that I have."

Kelly began working at the municipal level when he was elected as a town councillor in Bedford in 1985.

He was elected as mayor and CEO of Bedford from 1991-1996, and served another term as a councillor before being elected as mayor of Halifax.

TC MEDIA



Incoming Charlottetown CAO Peter Kelly, left, shadows outgoing interim CAO Donna Waddell on Monday. TC MEDIA

Public talks begin in school review process

EDUCATION

Exercise could mean school closures or renovations



Haley Ryan
Metro | Halifax

North End residents get their first chance to weigh in on the school review process this week, and help build a plan the committee chair says will shape "the future of our community."

This Thursday, members of the public are invited to give first opinions and visions on what to do with capital investment in the Citadel High family of feeder schools, the first group to tackle the new process in the Halifax Regional School Board (HRSB).

"We look at it as an opportunity," said Jon Frost, parent and chair of the School Options Committee (SOC).

"As hard as it's going to be ... we're happy that we have an opportunity to at least put forward what the North End community would like to see."

The schools include Joseph Howe Elementary, Oxford School, St. Joseph's Alexander McKay Elementary, St. Stephen's Elementary, and Highland Park Junior High.

Thursday marks the first of



St. Joseph's A. McKay is one of the schools included in the conversation. JEFF HARPER/METRO FILE

three public sessions for the review, said facilitator Sera Thompson, with the second planned in May for the SOC to present a number of options, then one in June to get feedback on a draft recommendation.

Thompson said the new process is much less confrontational and better for everyone since it looks at many schools, and not just one that could be shut down.

+ WHEN & WHERE

Meeting details:

Thursday, 6:30-9 p.m.,
Highland Park Jr. High
gymnasium, Robie Street.

"This is a much broader set of questions that include 'Where do we invest money?'" Thompson said, adding the outcome could include major renovations, consolidation, or no closures.

Another difference is having an SOC made up of parents and volunteers lead the recommendation, rather than having HRSB staff involved. "They're really saying 'This is your decision to make,'" Thompson said.

Thompson said the SOC also must look at the emerging needs of the area, demographic shifts, walking distances for kids, density, and other factors.

Frost said he's confident in the SOC, but "the weight of what we're doing is usually

sitting in the room as well" during their weekly meetings.

"It's the future of our community," Frost said.

Since the area has some of the highest concentration of African Nova Scotian and Mi'kmaq learners in HRSB, Frost said having representatives from the Uniacke Square Parent Resource Centre, North End Community Health Centre, Mi'kmaq Native Friendship Centre, and Mulgrave Park Tenants Association is vital.

"There's real extra attention to make sure that those communities that have faced marginalization within the school system in the past and within planning processes ... really are genuinely invited to come to the table," Thompson said.

PROVINCIAL BUDGET

Address tax relief: Chamber



Zane Woodford
Metro | Halifax

Ahead of Nova Scotia's provincial budget on Tuesday, the Halifax Chamber of Commerce is calling on Stephen McNeil's Liberal government to deliver on tax relief.

A release from the Chamber sent on Monday says that after promising a tax working group and a plan for relief in last year's budget, there's been no action from the province's minister of finance.

"If Halifax is going to be a top-three growth city in Canada, Chamber members, especially small businesses, need governments to support them with a long-term plan to lower taxes," chair Rob Batherson is



Premier Stephen McNeil.
METRO FILE

quoted as saying in the release.

The release points out that it's been a year and a half since Laurel Broten tabled her report on tax reform, and says that "while the government has made some progress to create a more positive regulatory environment, Nova Scotians

continue to pay sky-high taxes compared to other Canadians."

In January, the group made a pre-budget submission to Finance Minister Randy Delorey, calling on the government to reform the province's tax system, balance the budget, create an "open for business" attitude in government, and "continue to prioritize immigration initiatives to help address Nova Scotia's demographic problems," along with other recommendations.

\$ BIG DAY

Finance Minister Randy Delorey will table the budget Tuesday afternoon in the legislature.



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'I never heard any gunshots'

CRIME

Neighbours in west end react to homicide, police presence

Yvette d'Entremont
Metro | Halifax

Halifax police say a suspicious death that occurred Sunday night is now being called a homicide.

"Based on an autopsy conducted today by the Medical Examiner's Office, the man has been identified and the death has been ruled a homicide," says a release from Halifax police sent Monday afternoon.

On Monday morning police tape surrounded both ends of Cook Avenue in Halifax's west end, a neighbourhood several residents described as typically peaceful and quiet.

Neighbours who spoke to Metro on Monday said they were surprised to see police on their street and to learn a death was being investigated.

Officers were called around 8 p.m. Sunday after a man in his late 20s was found dead in a home in the 6900 block of Cook Avenue.

Police have not yet confirmed his identity, but Metro has learned the body inside was that of Tyler Richards, a former member of the Halifax Rainmen and a former basketball standout with the St. Francis Xavier X-Men.

"I saw the red flashing lights and I was worried because my neighbours were older and really quite vulnerable. So I looked to see if it was one of them and it wasn't," said one woman whose home is a few doors away from the house where the homicide occurred.

"I was surprised to see it



Police were investigating what is now the city's latest homicide on Cook Avenue in Halifax on Monday. JEFF HARPER/METRO

was the corner house down there because they're young people. It was just rented and I don't know who owns it."

The resident, outside doing yard work Monday, said numerous emergency vehicles flooded the neighbourhood Sunday night. She said police came to her door to see if she'd seen or heard anything, but she hadn't.

"I was not really worried. The policeman came back to tell me that we were safe and that there was no need for worry," she said.

"He did say, 'Stay in your house because our dogs are com-

5

This is the region's fifth homicide this year.

ing around.' I think they searched the area with the dogs."

On Monday morning a new-looking silver Mercedes with a temporary permit in its front window sat in the driveway of the small white home where the homicide occurred.

One young woman walking her baby in his stroller said she was very disturbed to learn about the incident.

"This is usually really a quiet place. I never heard any gunshots or anything," she said. "This is scary all this stuff that seems to be happening in Dartmouth and Halifax."

+ VICTIM BACKGROUND

Tyler Richards was previously known to police

A standout on the basketball court, Richards had been in trouble with the law in recent years.

In 2013, Richards was kicked off the Halifax Rainmen when he was charged with assault after a woman claimed she was assaulted by a man at the Taboo nightclub early on Dec. 15.

He was sentenced last October for that assault

and received 12 months probation.

He was also sentenced on April 21, 2010 for an assault causing bodily harm incident for which he received a four-month conditional sentence and 12 months probation.

Richards had most recently been charged in late March after police say a large amount of cocaine was seized during a traffic stop on Walter Havill Drive in Halifax.



Tyler Richards METRO FILE



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PROTEST PEACE ADVOCACY GROUP TAKES STAND AGAINST MILITARY SPENDING

Members of the Canadian Voice of Women for Peace and their supporters protest in front of the Halifax Central Library on Spring Garden Road Monday. Monday was the Global Day of Action on Military Spending, which aims to raise awareness of the excessive amount spent by governments on military expenditures. **JEFF HARPER/METRO**

Liberals criticized for registry study

POLITICS

Province set to upgrade tech system to cut wait times

Nova Scotia has decided not to privatize its three registries, saying it can cut citizens' long wait times by improving technology rather than selling the registries off.

The Liberal government spent \$825,000 studying a possible sell-off of the agencies — which register motor vehicles, companies and land purchases — before announcing Monday there were too many unanswered questions to proceed.

The consultants found the computer systems used by Service Nova Scotia are up to 20 years old and incapable of delivering services to citizens on their computers and smartphones.

But NDP Leader Gary Burrill said it was clear for years the agencies needed new technology, rather than multinational owners, and precious public money was spent studying a proposal that was dubious from the outset.

"The investment that was needed in the registries was one that should be taken through the public sector," said Burrill.

"If your car needs brakes and exhaust, you don't sell the car. If that's the approach

you take you're going to be in trouble very soon."

Service Nova Scotia minister Mark Furey maintained the money was well spent on consulting firm EY, formerly known as Ernst and Young, as well as on lawyers and a fairness monitor.

He said preliminary research and visits to Ontario indicated the study was worth continuing. He said that led to the hiring of a consultant that would seek proposals from companies interested in running the registries.

"Research and analysis ... was required no matter which path we chose," said Furey. "As such we required professional expertise in alternative service delivery."

The study also concluded that Service Nova Scotia needs to improve its wait times, which average about 40 minutes in larger offices.

It noted clients were mostly satisfied, with 77 to 84 per cent saying they were content with the service they received.

However, Furey said the goal should be to start serving 80 per cent of clients within 20 minutes.

The minister said a key part of the problem was dated technology.

2.5M

The public agencies perform 2.5 million transactions a year. These transactions generate approximately \$150 million in revenues.

"Due to the age of the systems, there's a high level of manual data entry at the access centre counters. This could be avoided with more modern systems, thereby reducing wait times," he said.

The province says it will issue a request for proposals to procure a new IT system to support the registry of joint stock companies.

It also says a plan will be developed to replace or update the IT systems supporting the land and motor vehicle registries.

Public sector unions in the province launched large advertising campaigns against the proposal to privatize the registries.

Furey said he considered the input from workers, but the union ad campaign wasn't a factor in his decision.

THE CANADIAN PRESS



If your car needs brakes and exhaust, you don't sell the car. If that's the approach you take you're going to be in trouble very soon. NDP leader Gary Burrill

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Saint Mary's University President Dr. Robert Summerby-Murray and David Wang signed an agreement for a new scholarship fund Monday. CONTRIBUTED

\$1M donation for Chinese students

GENEROSITY

New fund will provide eight annual scholarships

Sarah Rae
For Metro | Halifax

Chinese students have a new way to come to Halifax for university.

A \$1-million donation from David Wang will establish a fund for Chinese students coming to Saint Mary's University.

The fund will provide eight scholarships per year of \$20,000 for students coming from a Canadian curriculum high school in China, said a news release issued Monday.

Wang, who's originally from Suzhou, China, told Metro he's had such a great relationship

with the university that he was "looking for a way to pay back Saint Mary's and also Nova Scotia," and this fund is a perfect way to do that.

He said these scholarships will be mutually beneficial to the university and the students.

"Through the scholarship fund we can attract more top-tier Chinese students to study here and maybe stay here after graduation to contribute more to the future of Nova Scotia," he said.

In the news release, SMU president Robert Summerby-Murray said "this generous gift will not only open the door to Saint Mary's to more Chinese students, but also add to Saint Mary's reputation as Canada's International University."

Wang, the manager of a

Nova Scotia curriculum school in China, is working with the province's Department of Education to prepare students for coming to university here.



We can attract more top-tier Chinese students to study here.

David Wang, donor

He said he first came to Nova Scotia in the '90s and his working relationship with Saint Mary's goes back to 2001. He's assisted more than 2,000 Chinese students coming to Nova Scotia.

Wang also works through the province's International Student Program, university partnerships, educational symposiums and short-term English immersion programs to bring students here.

Wang said Chinese students come to Nova Scotia for the quality of education, beautiful landscape and warmhearted people.

IN BRIEF

Student arrested after weapons complaint

Police in Cape Breton arrested a teen boy Monday after a weapons complaint at a high school.

Monday morning, police responded to Memorial High School in Sydney Mines, where a 16-year-old student was found in possession of

a "soft air pistol."

No one was injured, and police say there's no threat to public safety.

METRO

Help sought in fire case

Pictou County District RCMP are asking for the public's help in an ongoing investigation of a suspi-

cious fire at a cottage that consumed both the cottage and a nearby shed in Little Harbour Sunday night.

No one was hurt but the Nova Scotia Office of the Fire Marshal is investigating. Contact Pictou County District RCMP or Nova Scotia Crime Stoppers with any information. METRO

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Navy ship begins final journey to N.S.

LIVERPOOL

Retired HMCS Protecteur has served around the world

After a storied career spanning half a century, a former Royal Canadian Navy workhorse is winding up its final seven-week journey, sailing towards its own dismantling on Nova Scotia's south shore.

The former HMCS Protecteur carried more than 10,000 sailors over 800,000 nautical miles in its time, including service in the 1991 Gulf war.

Now de-commissioned, it left its home base in Esquimalt, B.C., on Feb. 24 and was towed south through the Panama canal before beginning its final leg north to Liverpool, N.S., expected to arrive this week.

The 172-metre long supply ship will meet its end, coincidentally, in the hometown of a family closely connected to the ship, including the high ranking officer who once commanded her as head of Can-



HMCS Protecteur is docked in Esquimalt, B.C., Thursday. After a career spanning half a century, it is sailing towards its own dismantling on Nova Scotia's south shore. CHAD HIPOLITO/THE CANADIAN PRESS

ada's Pacific Naval Fleet.

"It's a small-world scenario where the ship ends up back in Liverpool, which is where I was raised," said Rear-Admiral Bill Truelove, now the Canadian defence attache to the U.S. based in Washington, D.C.

Truelove said he gained an affinity for the vessel because

\$39 M

N.S.'s R. J. MacIsaac won a \$39 million federal contract to break up the Protecteur and the former HMCS Algonquin in January.

of his family's connection to it — his father served three years as the deck officer on the ship and his two brothers travelled aboard the vessel as high school students during its annual voyage to the Arctic.

But his interest is mainly the result of his involvement in the decommissioning of

“It's always sad to see a ship broken up, but it served the country well. Larry Truelove

Protecteur after 46 years of service, following a crippling engine-room fire off the Hawaiian Islands in February 2014.

At the time of the fire the ship was on its own and without power in the middle of the ocean as the crew beat back a blaze that burned for several hours and sent thick dark smoke billowing from its stacks.

Truelove said the ship's crew persevered under the "worst conditions you can imagine" in fighting the fire.

"That's a very significant chapter of my life during my time as the commander on the West Coast," said Truelove.

The Protecteur was decommissioned during a ceremonial farewell in May 2015 attended by more than 100 former crew members and its last crew.

Before transferring to the West Coast in 1993, Protecteur regularly served as part

of NATO's standing fleet in the North Atlantic.

The ship served in the 1991 Persian Gulf War and in the Arabian Sea in 2002 during the Afghan war, earning battle honours for both deployments. The vessel was also part of hurricane relief missions in Florida and the Bahamas in 1992.

Larry Truelove, who retired near Liverpool after 37 years in the navy, said Protecteur's imminent arrival is seen as good news to a community that has experienced a lack of jobs since the closure of the Bowater Mersey mill in 2012. The dismantling is expected to create 30 to 40 jobs, according to the municipality.

Truelove has fond memories of his time in the navy and of the ships he sailed on, but he takes a practical view when it comes to Protecteur's demise.

"It's getting tired like the rest of us, is the expression I use." THE CANADIAN PRESS

TRANSIT

Ferry crossing times confirmed

One of the final details being ironed out between Yarmouth ferry operator Bay Ferries and Portland, Maine is departure times for the new Cat ferry, and the departure time going to city council for approval is the same one that was announced by Bay Ferries in late March.

At that time Bay Ferries stated the ferry would depart from Portland at 2:30 p.m. EST. This is the same departure time that city council and U.S Customs and Border Protection will be asked to agree to.

Portland City Manager Jon Jennings told the Tri-County Vanguard that it is important

+ YARMOUTH

Bay Ferries has changed to the Yarmouth morning departure time from 8 a.m. local time to 8:30 a.m. (The ferry will overnight in Yarmouth.)

to have an arrival time (which would be 1:30 p.m. EST) and a departure time that works for everyone.

"(Bay Ferries CEO and president) Mark MacDonald and I successfully negotiated a way forward. It's contingent

on US Customs and Border Protection approving it, but it is a 1:30 arrival in Portland with a 2:30 departure back to Yarmouth," Jennings said.

This departure time was already the one posted on Bay Ferries' website last week, and was the same departure time identified on a fact sheet distributed to the media on March 24.

MacDonald confirms the scheduled Portland departure time has not changed from what was previously announced by Bay Ferries and the province of Nova Scotia. TC MEDIA

ENVIRONMENT

Province dismisses 4 of 6 appeals of gas storage project

Nova Scotia's minister of the environment has dismissed four of six appeals opposing the province's decision to approve a new underground natural gas storage facility.

The province is declining to reveal which four groups have had their appeals of the Alton Natural Gas storage facility project denied, citing privacy laws.

The Indian Brook First Na-

tion had issued a statement in February saying it would submit an appeal, arguing the facility north of Halifax shouldn't be built.

The province says in a news release that it has provided "ample" opportunity to First Nations to consult on the project.

Environment Minister Margaret Miller also says she's satisfied with the scientific

reports considered in the application for the industrial approval.

She says they have appropriately considered the potential effects on the Shubenacadie River.

The project was put on hold in late 2014 after Mi'kmaq protesters complained that the company had failed to consult with the local indigenous community. THE CANADIAN PRESS



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Looking for answers

FIRST NATIONS

Youth questions Bennett on Attawapiskat conditions

A young man in the troubled First Nation of Attawapiskat asked the federal indigenous affairs minister on Monday why his community was living in Third World conditions while Canada is greeting refugees with open arms.

Robert Sutherland was among several youths to express frustration to Carolyn Bennett over the lack of basic supports so desperately needed by those in his James Bay community.

"Tell me why we First Nations we live in Third World conditions," he said during a meeting with Bennett and other officials.

"Why is it so easy for the government to welcome refugees and offer them first-class citizenship in our country?"

Attawapiskat has been rocked for weeks by numerous attempts by young people to kill themselves.

The public youth council session followed a private two-hour meeting with Bennett, activist New Democrat MP Charlie Angus and Attawapiskat Chief Bruce Shisheesh, who also made his frustration plain.

Bennett was able to commit to a new, properly equipped youth centre as well as some programming for young people, a key demand in the isolated northern Ontario reserve.

In addition, a youth delegation from across the region will be invited to Ottawa.

Angus called it an important beginning in ending what he called this "cycle of despair."

"I'm pleased we have something deliverable for the young people," Angus said.

"Is this enough given the extent of the crisis that has faced Attawapiskat? No, it's not enough yet, but we have to start with this first step."

THE CANADIAN PRESS



COLLAPSE A NARROW ESCAPE FOR MANY A view of the wreckage after part of a building and its scaffolding collapsed in Toronto on Monday. Seven people including a baby narrowly averted serious injuries on Monday afternoon as scaffolding came tumbling down to the streets of one of the city's most bustling neighbourhoods. CHRIS YOUNG/THE CANADIAN PRESS



Phil Boudreault YOUTUBE.COM

HELLS ANGELS

Former Olympic boxer shot on motorcycle

A former Olympic boxer who is now a high-ranking member of the Hells Angels is in stable condition in hospital after he was shot outside Montreal on the weekend.

Phil Boudreault, 41, of Sudbury, suffered injuries to his back and a lung after he was shot Sat-

urday morning while riding his motorcycle near Lachute, Que.

The Sûreté du Québec would not confirm the name of the victim, but Sgt. Marc Tessier said, "It was an attempt on (the motorcyclist's) life, for sure."

At least one gunman opened fire from a vehicle that pulled

alongside him. A source said that Boudreault shielded his girlfriend, who was also on the motorcycle. Tessier said that two men were seen leaving the scene in an older model, blue-grey SUV.

Boudreault was en route to a motorcycle show in Laval when he was shot, around 10:30 a.m.

Saturday. He was found lying in a ditch on Bethany Rd. near Lachute. A witness reportedly heard 10 to 15 shots.

Boudreault was riding with someone on a second motorcycle at the time of the attack. That person was unhurt, Tessier said.

Boudreault came within one

victory of a bronze medal in the light-welterweight division at the 1996 Olympics in Atlanta, where he was nicknamed The Sudbury Sensation.

He later had some professional fights and also competed in mixed martial arts.

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Young refugees gather to see U.S. Ambassador to the United Nations Samantha Power as she visits **Minawao Refugee Camp in northern Cameroon** on Monday. Power is visiting Cameroon, Chad, and Nigeria to highlight the growing threat of Boko Haram. ANDREW HARNIK/THE ASSOCIATED PRESS

INDIA

Delhi bans chewing tobacco

India's capital has banned chewing tobacco in an effort to lower the high incidence of mouth and throat cancers.

The Delhi government ordered the prohibition of the sale, purchase and possession of all forms of chewable tobacco, saying violators can be imprisoned for up to six months and fined up to 300,000 rupees (\$4,500).

Chewable tobacco products reportedly cause 90 per cent of all mouth cancers in India. Tobacco manufacturers won a court stay against earlier bans, but public awareness about the risks has grown and the new Delhi government has vowed to enforce the new ban, which was welcomed by health activists and doctors after it was announced last week.

The tobacco leaves are typically mixed with lime and betel nut, a mild natural stimulant that produces a bright red juice and has been used for centuries across the South Asian continent. Indians place the concoction inside their mouths for an extended period, increasing their oral cancer risk. Tobacco bits, perfumed betel nut powder and flavouring are sold in small plastic pouches, making it easy to carry and consume.

Delhi's Health Minister Satyendra Jain said the government has ordered police teams to conduct surprise checks on shops and retail outlets to ensure that the ban is strictly enforced.

"This is a positive step by the government and we welcome it. The use of chewing tobacco is so widespread that India is often referred to as the oral cancer capital of the world," said G.R. Khatri, president of the South Asia chapter of the World Lung Foundation.

Officials say around 1 million Indians die every year in the country due to diseases caused by tobacco consumption.

THE ASSOCIATED PRESS

Boko Haram still a threat

CAMEROON

UN ambassador Samantha Power makes historic visit

Here on the front line against Boko Haram, no one boasts of having "technically" won the war.

More than four months after Nigerian President Muhammadu Buhari made such a claim, the extremists still crisscross international borders, avoiding direct confrontations with U.S.-backed African forces while refocusing on soft targets like marketplaces and mosques with little to no protection.

The group may be gone from major cities, but in the countryside it poses a constant threat. And for the hundreds of thousands of refugees and impoverished villagers surrounded by fighting in the isolated northern reaches of Cameroon, terror and hunger form daily challenges to their survival.

"All of you who are attempting to fight this terror, the United States stands with you," said Samantha Power, America's UN ambassador, making a rare visit by any foreign dignitary, to this parched, dusty landscape.

Underscoring the insecurity, Power travelled with a large contingent of U.S. and Cameroonian special forces. A Cameroonian helicopter monitored overhead.

Power's larger goal of pairing

military efforts with greater development of West Africa's impoverished, Boko Haram-ravaged regions is daunting. They've suffered generations of neglect.

In Maroua, an enclave some 800 miles from the Cameroonian capital sandwiched between Chad and Nigeria, shortages of water, schools and investment are chronic.

Activists, opposition politicians and Muslim clerics say the extremists will draw Maroua's disaffected youth to their ranks as long as economic opportunities are limited and security forces continue committing indiscriminate atrocities while trying to stamp out the insurgency.

Military force must be part of the counter-terror effort, Power told reporters.

"They have guns. They have suicide vests. They have armoured vehicles," she said.

But Power said targeting civilians is self-defeating because doing so only creates more potential recruits, echoing counterinsurgency lessons the United States learned the hard way in Afghanistan, Iraq and elsewhere since the Sept. 11, 2001, attacks.

Pushed from population centres by Nigeria's military since Buhari's election last year, Boko Haram is changing its tactics.

It launched 159 suicide bombings last year, more than half in Nigeria, increasingly using girls to set off the explosives. The consequence has increased suspicion even on children.

THE ASSOCIATED PRESS

Motorcade hits, kills boy

UN Ambassador Samantha Power's trip to Cameroon's front lines in the war against Boko Haram started horrifically Monday as an armoured jeep in her motorcade struck and killed a young boy who darted into the road.

The incident occurred near the small city of Mokolo, where Power, her aides and accompanying journalists were headed to meet refugees and others displaced by years of attacks across West Africa.

Power said she learned of the death with "great sorrow." She said she met with the boy's family to "offer our profound condolences and our grief and heartbreak."

THE ASSOCIATED PRESS



90s to now

Yup.
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Grief-stricken Ecuadorians continue to search for loved ones through the rubble, as many others mourn the dead. THE ASSOCIATED PRESS



BRAZIL

Rousseff's future in doubt

President Dilma Rousseff on Monday appeared on the verge of losing office after a congressional vote to impeach her and signs suggested only tenuous support for her in the Senate, which will decide whether to remove her amid a political and economic crisis.

The 367-137 lower house vote in favour of impeachment late Sunday sent the issue to the Senate, where 45 of the 81 senators have indicated they will vote to hold an impeachment trial, according to local reports.

If a majority of senators vote to put Rousseff on trial, she would be suspended while Vice-President Michel Temer temporarily took over.

Under the complicated guidelines of the impeachment process, it could be a little more than 10 days until that vote is cast and a minimum of 40 days until the Rousseff's fate is decided. However, the speed of the process also depends on the political will of Senate leader Renan Calheiros, who could potentially drag the eventual trial and final vote out for months.

Speaking at a news conference Monday, Rousseff said she would not be stepping down.

"I have the energy, strength and courage to confront this injustice," she said, while also accusing Temer of conspiring against her.

THE ASSOCIATED PRESS

Loss piles up amid rubble

EARTHQUAKE

At least 350 people dead, including two Canadians

It was supposed to be a family reunion to celebrate a young relative's start of college. But the gathering ended in tragedy when a collapsing building crushed 17-year-old Sayira Quinde, her

mother, father and toddler brother in their rusting car.

A grief-stricken aunt, Johana Estupinan, now is making the longest journey of her life in a funeral hearse to the town of Esmeraldas, where she will bury her loved ones and break the news of the loss to her sister's three now-orphaned children.

As Ecuador digs out from its strongest earthquake in decades, tales of devastating loss are everywhere amid the rubble. The 7.8-magnitude earthquake left a

trail of ruin along Ecuador's normally placid Pacific Ocean coast, buckling highways, knocking down an air traffic control tower and flattening homes and buildings. At least 350 people died, including two Canadians, and thousands are homeless.

President Rafael Correa said early Monday that the death toll would "surely rise, and in a considerable way."

Portoviejo, a provincial capital of nearly 300,000, was among the hardest hit, with the town's may-

or reporting at least 100 deaths. The Quinde family drove there from their home hours north up the coast to drop off Sayira at Estupinan's house a week before she was to start classes at a public university on a scholarship to study medicine.

"She was my favourite niece," Estupinan said, emotionally torn apart after waiting at the city's morgue for hours. "I thought I was getting a daughter for the six years it was going to take her to earn a degree."

Estupinan watched as her loved ones were loaded onto a truck-sized hearse for the night-time drive, the three older ones in dark mahogany coffins and 8-month-old Matias in a casket painted white. "It was supposed to be a short moment of family happiness but it converted into a tragedy," she said.

The quake knocked out power in many parts along the coast and some who fled to higher ground fearing a tsunami had no home to return to. THE ASSOCIATED PRESS

MIGRANT CRISIS

Hundreds feared drowned in Mediterranean tragedy

The leaders of Somalia issued a joint condolence message to the nation Monday over an unconfirmed report that some migrants may have drowned in the Mediterranean Sea on a trip from Libya to Italy.

Reports of the drownings circulated among families and on social media but remained unconfirmed by coast guard authorities in Italy, Greece, Libya and Egypt.

Somalia's state radio quoted the Somali Embassy in Egypt in reporting the incident. The joint statement from the president, prime minister and speaker of parliament said 400 migrants, mostly Somalis, drowned in the capsizing in the Mediterranean. But the Somali information minister



Migrants are approached by an SOS Mediterranee ship off the coast of the Italian island of Lampedusa on Sunday. THE ASSOCIATED PRESS

later said 200 drowned and still other reports after that said even fewer had drowned.

"It's a painful tragedy which reminds us all how important it is for us to discourage our youth from embarking on such

high-risk journeys," the statement said.

Egyptian Foreign Ministry Spokesman Ahmed Abu Zeid said his office had no information and officials are checking the reports. THE ASSOCIATED PRESS

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Turo arrives in Canada

SHARING ECONOMY

Company lets you rent your car out to other people

Move over Budget and Enterprise, get ready to compete with just about anybody who wants to use their vehicle to make some extra cash. Turo, a San Francisco-based company that is best described as an Airbnb for cars, has just launched in Canada.

The concept is simple. The company helps people rent their cars to strangers. Turo started out as RelayRides in 2009 and operates a peer-to-peer car marketplace that has rented thousands of cars for over 1 million days throughout its short history.

"Our mission is to try to put the world's cars to better use," says Andre Haddad, Turo's CEO.

Canada is the company's first international expansion, and the service will only be available in Ontario, Quebec and Alberta. As well, Canadians must be existing customers of Intact insurance or



Want to ride off into the sunset but don't own a car? Worry not, there's an app for that. ISTOCK

its subsidiary, Belair Direct. Intact has struck a deal to provide up to \$2 million in commercial insurance for Turo users.

"Consumers want to participate in services like Turo," says Stephanie Sorensen, director of external relations for Intact. "We want to ensure that insurance coverage is available."

Turo creates a profile of the

vehicle that is available on Turo's website and app, with photos and information about the cost. Users have their choice of vehicles and afterward both sides can review and rate the experience. Both users and owners have to go through a screening process before being able to use the service.

For drivers, Turo has no membership fees and all they need to

do is sign up. For people who would like to rent their cars, the vehicle needs to be less than 10 years old and have less than 150,000 kilometres on the clock, with some exceptions. There are more than 800 models available for rent, and drop off and pickup is often included.

Many users praise the personal connection created between

owners, users and their vehicles. Haddad has rented several on the service, including a 2006 Porsche that he says been used for several special occasions.

Turo offers a dynamic pricing model that suggests what users can charge, but the car owner ultimately decides how much. Turo takes a 25 per cent cut. The company initially offered short-term rentals, but has found the longer term rentals are more popular and focuses on them.

\$600 US

The amount of money an average active user who rents out their car makes

On average, cars are rented for five days, and Turo claims that prices are generally 30 per cent lower than traditional rental car companies, and that the average active user who rents out their car makes \$600 US a month.

Insurance has been an issue. The company paid over \$200,000 US in fines to New York state because of violations of insurance laws including false advertising and unlicensed activity.

TORSTAR NEWS SERVICE

RETAIL

Le Chateau to close up more shops

Fashion retailer Le Chateau plans to close about 40 additional stores across Canada over the next three years even as it hopes to swing to its first profit in six years in 2016.

The Montreal-based company has been shuttering underperforming stores and renovating others as it "recalibrates" in the face of growing online purchases. It closed 11 stores in the last year to reach 211 locations and plans to close another 14 in 2016. By early 2019, Le Chateau expects to shrink its retail network to about 171 stores.

Le Chateau declined to say how many of its 2,400 employees might lose their jobs, saying most will be absorbed into nearby stores or be eligible to work in its growing e-commerce operations.

Franco Rocchi, the retailer's senior vice-president of sales and operations, said some stores identified for closure at the end of their leases may get a reprieve if they can negotiate lower rents or the shopping centres where they are located improve. THE CANADIAN PRESS



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ENTERTAINMENT

Amazon's standalone streaming targets Netflix

Amazon.com Inc. is taking on Netflix and Hulu with its own standalone video-streaming service, just weeks before Netflix raises prices for longtime subscribers.

New customers can now pay \$8.99 a month to watch Amazon's Prime video-streaming service. Previously, the only way to watch Amazon's videos was to pay \$99 a year for Prime membership, which includes free two-day shipping on items sold by the site and other perks.

At \$8.99 a month, Amazon's standalone streaming service is \$1 less than Netflix's standard membership and \$1 more than

Hulu's basic subscription.

Netflix said earlier this year that a "substantial number" of its longtime members who paid \$7.99 monthly — and have been protected from price hikes — will now pay an additional \$2 starting in May.

Amazon's decision to break off its video-streaming service could cause some defections at Netflix, wrote Wedbush analyst Michael Pachter in a note to clients.

Both companies have invested heavily in original and exclusive programming. Netflix has Orange Is the New Black, House of Cards and a couple of

series based on Marvel comic characters. Amazon's offerings include Transparent, Mozart in the Jungle and previously aired HBO shows.

With Hulu, users can watch many current TV episodes a day after they air on a network. Hulu is also growing its exclusive offerings, with The Mindy Project and Difficult People.

Amazon may be a rival, but Netflix is also an Amazon customer. The Los Gatos, Calif.-based streaming company uses Amazon Web Services to store its content and help run parts of its site and apps.

THE ASSOCIATED PRESS

IN BRIEF

Rogers says few customers switching to skinny TV

Rogers Communications says most of its customers are choosing to stick with their current TV packages rather than switch to the skinny-basic TV bundles.

"It's a bit like going to McDonald's," president and CEO Guy Laurence said.

THE CANADIAN PRESS

Federal government introduces enhanced child-benefit plan

The federal government has introduced its promised enhancement to Ottawa's child benefit program — a move it says will bring tax relief for more families and help boost economic growth, a key election vow for the Liberals. THE CANADIAN PRESS

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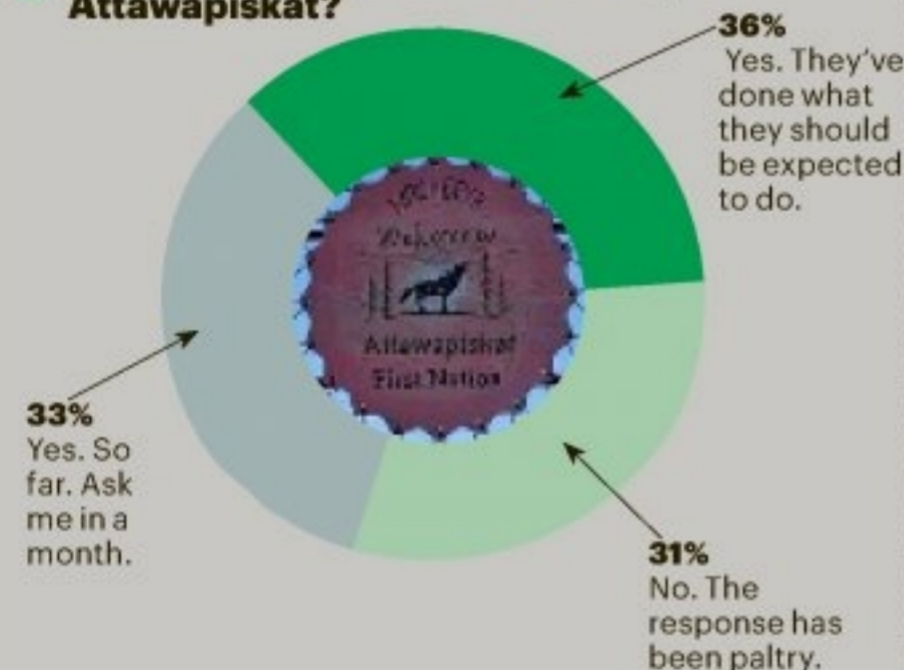
METRO POLL

Attawapiskat: What should be done?

Watershed moment or same old story?

Eleven suicide attempts in northern Ontario's Attawapiskat First Nation on April 9. Five more last Friday. Some 100 such attempts in this calendar year alone. Much of the country remains gripped by the fallout of the crisis: sit-ins, emergency parliamentary debates, cabinet-minister visits, promises of mental-health funding. We asked Metro readers how they rate the government response to the situation.

1 Has the government done enough for Attawapiskat?



2 Rank these seven choices in order of what you see as most needed by First Nations:

1. More funding
2. Better infrastructure, e.g., drinking water
3. Better amenities, e.g., libraries, youth centres
4. A visit from Prime Minister Trudeau
5. A federal inquiry
6. More civil services, e.g., mental-health resources
7. For their young people to move away

WE ASKED Metro readers

The response is merely a Band-Aid.

Where are elders and chiefs in all this?

We've never made indigenous people a top priority. The time is now.

Progress isn't made fast enough to keep a furtive press interested, and it falls off the front page.

They should've benefited from De Beers mining by now and from the hunger strike of Chief Spence. Something isn't right.

The government has given support to help this community to help manage depression. The people need to figure this out for themselves.

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HAVE YOUR SAY

ROSEMARY WESTWOOD

In saying their names, victims demand to be reckoned with

Linda Redgrave.

Now, then — now that you know her name — are you listening?

Is her story — that of Complainant No. 1 in Jian Ghomeshi's sexual assault trial; that of a woman allegedly yanked hard by her hair and punched in the head three times; that of the woman in the bikini photo so desperately sought by the press — more believable to you now? Do you think she's brave? Or do you smell a PR move and a book deal?

After revealing her identity in a blog post on Monday, Redgrave says she's ready for both "the good and bad." She's coming forward to change how the legal system deals with sexual assault complainants. She writes: "I'm doing it because the current method of trying a sexual assault case by attacking victims who cannot defend themselves is barbaric."

She's started a website to help survivors navigate that system. She's going to advocate for change. She thinks that coming out and naming herself will give her more power.

It does. And other women know it, too.

Writing in the National Post on Monday, Conservative MP Michelle Rempel rips into "everyday" sexism in politics, and demands (rather hopefully) that sexists themselves, not their targets, be the ones to change. She

uses her own name. She describes typical harassment (one MP is "turned on" when she's direct).

For sexual assault, it has become a tactic in vogue. Around the Ghomeshi trial, newspapers were printing first-hand accounts of sexual assaults by women who wanted to be named. Other women were tweeting their abuse. They were individualizing their experience in order to authenticate it. By specifying themselves, they forced a specific reaction.

For evidence of how powerful that can be, see Alberta MLA Maria Fitzpatrick's story of beating, rape and threats at the hands of her then-husband. Her speech at the legislature garnered national media, and led to the rare unanimous passing of a private member's bill on domestic violence.

But while you can elicit a potent reaction, you can't control its sentiment. Example: Americans are reliving, via a new film, the evisceration of Anita Hill, a black aide to a Supreme Court nominee, who was vilified in the 1990s for testifying to his sexual harassment.

Similarly, since Redgrave and Rempel have come forward, anonymous Twitter eggs and online commentators have piled on the vitriol, mostly just keen to let the Internet know, "I don't believe these women!"

But then again, on the plus side: They've been heard.

Chronicle Herald can't afford to play hardball

HALIFAX MATTERS

Stephen Kimber



Chronicle Herald publisher Sarah Dennis was contrite. Under the headline, "We Have Listened And Will Learn From This," she wrote about her newspaper's mishandling of the infamously viral story that "should not have been released."

She seemed forthright: "apologize," "failure of foresight," "acknowledge our mistakes," "accept and try to learn from criticism."

But nowhere in her 659-word mea culpa Friday did Dennis admit the root cause of those abysmal failures: the fact her newspaper's 60 professional journalists have been walking picket lines for 87 days — and counting — in-

stead of reporting, writing, editing and saving their publisher from stories for which she has no choice but to grovel.

Sarah Dennis had no choice.

Late on Friday, April 8, the newspaper posted an unbylined, anonymously sourced, unresearched, unvetted story about unnamed elementary school "refugee students ... choking, pushing, slapping and verbally abusing" fellow students while yelling, "Muslims rule the world!"

Unsurprisingly, that hateful story got swallowed whole by the haters and regurgitated around the world as fact.

The Herald belatedly tried to walk their mess back — deleting sentences, then the whole story, apologizing — but the damage is done.

Two of the paper's long-

time columnists — Chad Lucas, who hadn't written during the strike, and Lezlie Lowe, who had — both publicly resigned. If you believe social media, many subscribers who'd held their noses and onto their newspapers during the strike's first 11 weeks finally cancelled them last week.

In professional newsrooms, skeptical editors look for logic holes in the stories even experienced reporters pitch. Is this really a story? They demand to know why sources want anonymity, and must OK their inclusion. If a story is confusing, incomplete or skewed, editors send it back for additional work. Controversial stories almost always get a second — sometimes third and fourth — look by more senior editors.

It appears none of that

happened at the Herald. The paper's few remaining professional newsroom managers can't help but be overworked and overwhelmed. The non-newsroom fill-ins lack the experience even to understand how badly they're screwing up.

It will get worse, unless...

If Sarah Dennis truly wants to learn from what's happened, she needs to pick up the phone, call the union and begin meaningful negotiations.

Otherwise, she won't have a paper to publicly apologize for very much longer.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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Fan sues Kanye West and streaming service Tidal for allegedly duping users into subscriptions based on promise of being exclusive outlet for West's new album.

Are your kids getting vitamin N?

NEW BOOK

Antidote to modern malaise is nature says popular author

Richard Louv coined the phrase that captures the disconnect between modern kids and the outdoors. "Nature-deficit disorder" was how he described the phenomenon in his landmark book *Last Child in the Woods*.

A decade after naming the problem, the California author and outdoorsman is promoting another catchy term, this time for the cure — regular doses of nature.

He calls it Vitamin N. Research has exploded in the last few years showing that time spent in green space is good for brains, bodies and souls.

It is believed to improve mental and physical health, cognitive skills, sensory development and learning.

As children spend more

hours in the digital world blocking out their senses to focus on a screen, nature is more important than ever as an antidote, he argues in his new book *Vitamin N: 500 Ways to Enrich the Health and Happiness and Your Family and Community*.

"There's no precise prescription," the California-based author explained in an email interview.

And it doesn't have to be complicated.

"Some experience in nature is better than none, and more is better than some."

While Louv grew up in an era when kids roamed free and the only screens were on televisions, Louv's not anti-tech.

His book includes an array of ideas for bringing technology to the outdoors and vice versa.

His ultimate form of multitasking?

Straddling both the digital world and nature to develop what he calls "a hybrid mind."

TORSTAR NEWS SERVICE



As children spend more time in the digital world, nature is even more important for improving mental and physical health, says Richard Louv. PHOTOS: COLE BURSTON/FOR TORSTAR NEWS SERVICE

DO IT YOURSELF

Tips for fitting in more nature

Try some of these activities with your family

1 Put nature on the calendar

Family life is hectic these days. For many, the only way to actually make sure there's time to go for a hike, a picnic or even hang out in the backyard is to book it as you would a soccer game. Think of it as the family equivalent of a date night.

2 Be the guide on the side

When outdoors with kids, back off. Let them follow their

own noses, whether it means collecting sticks, jumping in mud puddles or climbing an embankment, without always directing their play. Encourage them to ask questions and figure out answers, even by looking them up later. Be curious observers with a sense of wonder alongside them.

3 Enliven the senses

We used to talk about five senses. Now researchers have identified as many as 30. Awaken them by focusing on one at a time and blocking out the others. Have kids travel on their bellies for a closeup view of the earth. Use a paper "sniffer cup" for smelling natural objects like pine needles or wildflowers. Go barefoot.

Cup your ears to focus on "seeing" the environment through noises. Stick out your tongue to taste the breeze.

4 Seek positive places with negative ions

Natural settings with plant life and water — beaches, streams, waterfalls — tend to be rich in molecules called negative ions. You can't see or smell them, but when they're inhaled and reach the bloodstream, negative ions are known to boost serotonin levels, which, in turn, alleviates depression.

5 Bathe in the forest

Forest bathing or shinrin-yoku, as the movement is known in Japan, is based on evidence that a relaxed walk in lush



woods has measurable calming and restorative benefits. It's a healthy retreat from the pollution of city life.

6 Discover the art of nature

Pressed leaves and flowers, sculptures made of sticks and rocks, daisy chains, painting with mud or the juices of wild berries and nuts. Let the imagination go wild.

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Please join us for our 162nd YMCA Annual General Meeting!

April 26, 2016 at the Community YMCA (2269 Gottingen Street, Halifax)

Refreshments at 3:30 p.m.
AGM at 4 p.m. and Board Meeting at 4:45 p.m.

Come see what we've been up to and what we're planning for the years ahead.

Please RSVP to Bridget Ebsary by April 22, 2016
Phone: 902-423-9709 extension 233

5 EXERCISES TO SWITCH INTO YOUR WORKOUT

Been doing the same sit-ups for years and feeling uninspired? Here are five exercises to skip and what moves you should adopt instead, as recommended by master trainer Barry Samuel. **TORSTAR NEWS SERVICE**



Lay off the moving lunges

Skip: travelling lunges

Moving across the floor when doing lunges can put knees, hips and ankles at risk, says Samuel.

Adopt: lunges in one place

"Replace that with a lunge in place," Samuel says. He recommends anchoring yourself with the wall or a chair. "Do it in place, where you're lowering your body and being careful to keep the hip, knee and joints at a 90-degree angle, tracking so the knee doesn't go too far inward or out."

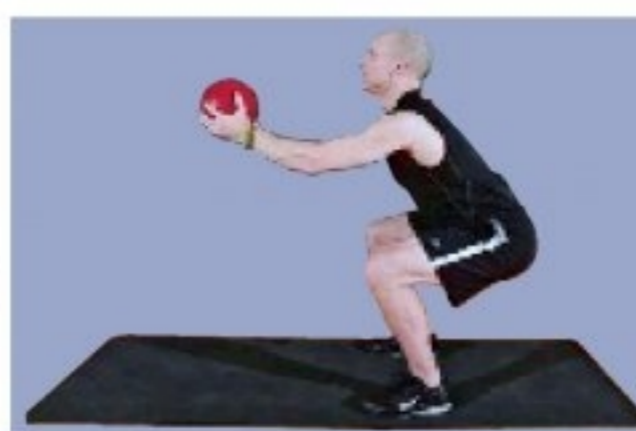
Stop straight leg lifts

Skip: straight leg lifts

Doing straight leg lifts puts "a lot of stress" on the lower back, Samuel says. "You're also recruiting from your hip flexor group ... and you're not really getting a lot of benefit in the lower abdomen."

Adopt: crunches with knees at 90 degrees

This removes stress on the pelvis and lower back while engaging your abdomen. "By bringing your knees closer to your chest you're removing that stress and you're also not going to be working the hip flexors."



Say bye bye to the barbell

Skip: barbell squat

This move may look tough, but it can also put shoulder joints at risk if not done correctly, Samuel says. "What's problematic about barbell squats is people aren't in the habit of getting their spine in an upright position," he adds.

Adopt: squat with a ball

A weighted medicine ball will do and leads to a "more natural" pose that still works the back, spine and shoulders muscles.

Pitch the pull-ups

Skip: chin-ups and pull-ups

Samuel says the problem with these exercises is people tend to use a lot of momentum to swing themselves up and lose control. "Cheating often is where you leave yourself vulnerable to serious injury," he says, noting shoulder joints are at risk.

Adopt: TRX suspension or strap

Samuel recommends using a TRX suspension strap anchored to the ceiling. It's a similar movement that works upper and lower back muscles. "There's some co-ordination required with it, but it's still not as intense as if you're trying to do a pull up," he says.



No more sit ups

Skip: sit ups

Think this is the best way to a six-pack? Samuel warns it's easy to lose control with this common exercise and it could put your neck and spine at risk for injury.

Adopt: plank

This borrowed-from-yoga move focuses on the abdomen and core, while being more controlled than the sit-up. "You're just trying to streamline the body, you're not bouncing around," Samuel says.

DRIFTWOOD POSE

Float to trickier yoga poses

YuMee Chung

Torstar News Service

It's been said that swimming is the next best thing to flying, so if you're working on a yoga pose that could benefit from a little more buoyancy, why not take to the water?

The following is a virtually weightless version of Staff Pose you can try in a kiddie pool, shallow surf or even your bathtub.

Driftwood Pose

1. Sit upright in shallow water with your legs outstretched and palms resting on the ground close to your sides. If the heels of your hands don't quite reach, come up onto your tippy fingers.

2. Lift yourself completely off the ground by pressing down with the hands. Do your best to keep the pelvis upright and aligned with the hands, rather than tipped backwards and shifted out in front of the hands.

3. Lift your right foot as high as you can above the surface

of the water without allowing your left foot to touch down or get heavy. Hold steady for a few breaths before changing sides.

Driftwood pose is a great way to strengthen your shoulder-core and hip flexors as you prepare for high-flying poses like handstands.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

Niles Domestic Medium Hair

Ten year old Niles' life was recently disrupted after his guardian was no longer able to take care of him or his two cat pals. He enjoys human attention, as witnessed by his big rumbling purr, but is not fond of being held or hugged. He is an indoor cat with beautiful slate-grey fur and green eyes. As an older feline, he is in good health with many happy years ahead of him. If you are able to offer Niles the good life he deserves, please **drop by the shelter today and experience his lovely purr for yourself.**



For more information on **Niles** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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- 5 Meghan Trainor No
- 4 R.13 Mae Gold
- 3 Justin Bieber Company
- 2 Zara Larsson ft MNEK Never Forget You
- 1 Fifth Harmony ft Ty Dolla Sign Work From Home

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Steven Wright left a bottle of pricey booze at Chris Colabello's locker-room stall a day after the Red Sox RHP beamed the Jays 1B in the head



Family first for Ducharme

QMJHL

Popular Herd bench boss steps down



Philip Croucher
Metro | Halifax

For five seasons, Dominique Ducharme gave his heart and soul to the Halifax Mooseheads.

But now, he says, the time has come to give that same focus to his other family — the one at home.

The popular bench boss announced Monday he was stepping down as head coach to spend more time with his family in Joliette, Que., most notably with his 13-year-old son and 10-year-old daughter.

"Talking with them, at the age they are right now, I felt it was the time for me to try and be closer to them," he said by phone on Monday evening.

Ducharme is leaving the Mooseheads as its most successful coach in franchise history.

Not only did he finish with a record of 198-136, but also more importantly, he led Halifax to its first-ever QMJHL title, on its way to the Memorial Cup as the top club in the Canadian Hockey League.

That unbelievable 2012-13 campaign, which featured the



Dominique Ducharme posted an impressive playoff-record of 44-20 during his time in Halifax. JEFF HARPER/METRO

likes of Nathan MacKinnon and Jonathan Drouin, will be what Ducharme remembers most for his on-ice successes.

"Those things will never go away. That's something we have done," he said.

"They can never take them away from us."

But Ducharme is also happy to talk about how much he loved Halifax, and the chance team owner Bobby Smith gave him to become the team's head coach starting in 2010-11.

"It became part of me. I love the organization. The city is great. The fan support is unbelievable for a junior team. It's a great junior market," he said.

As for Smith: "He gave me my first chance in the league and really supported me for the five years."

In a release issued by the team Monday, both Smith and general manager Cam Russell praised Ducharme for his five seasons here.

The club also said the search for a new head coach begins immediately.

As for Ducharme's future,

he's not done with hockey, and hopes to one day fulfill a dream to be behind the bench of an NHL team.

"One day that's what I want to do. I want to be coaching in the pros, and in the NHL," he said.

"I don't know when it's going to happen. But for now, if I'm around here for a year, we'll make the most out of that with the kids and everyone."

NHL PLAYOFFS

Capitals close in on sweep

GAME 3 In Philadelphia



Alex Ovechkin scored twice, Braden Holtby had 31 saves and the Washington Capitals moved one game closer to a sweep in their first-round playoff series with a 6-1 win over the Philadelphia Flyers on Monday night.

The Capitals lead a series 3-0 for the first time in franchise history. Game 4 is Wednesday night in Philadelphia.

Ovechkin snapped a tie game with his 38th post-season goal and Holtby made the lead stand with his third straight sensational effort in the series. The Capitals scored five power-play goals, including four in the third period.

THE ASSOCIATED PRESS



Alex Ovechkin

THE ASSOCIATED PRESS

It's been an honour to work with him on a daily basis. I want to wish him all the best in his future.
Mooseheads GM Cam Russell in a statement



Bismack Biyombo protects the rim against Paul George on Monday. THE CANADIAN PRESS

NBA PLAYOFFS

Dinos back in it by committee



GAME 2 In Toronto



Jonas Valanciunas scored 23 points and hauled down 15 rebounds as the Toronto Raptors bounced back to beat the Indiana Pacers 98-87 on Monday, evening their post-season series at one game apiece.

Kyle Lowry had 18 points and nine assists, while Cory Joseph finished with 16 points, Patrick Patterson chipped in with 14, and DeMar DeRozan had 10.

Paul George led the Pacers with 28 points.

The win was a massive sigh of relief for Raptors fans after

a horrible Game 1 that had Toronto looking nothing like the record-setting team it had been in the regular season. That ugly 100-90 loss conjured memories of last season's four-game post-season sweep by the Washington Wizards.

The big question Monday was: how would the Raptors respond?

They answered with an emphatic victory that saw them cough up an early 18-point lead, but battle back with a terrific fourth quarter.

THE CANADIAN PRESS

IN BRIEF

Leonard repeats as NBA's top defensive player

Kawhi Leonard has won his second straight NBA Defensive Player of the Year award after helping the San Antonio Spurs have the league's best defence.

Leonard received 84 first-place votes and 547 points. Golden State's Draymond Green (421) finished second.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of the rest of Monday's NBA playoff games.

Jays get to Red Sox bullpen

Toronto manager John Gibbons knew Boston had its bullpen lined up.

It didn't matter when the Red Sox couldn't throw a key strike.

Russell Martin hit a two-run single against Craig Kimbrel to cap a four-run eighth inning, and the Blue Jays held to beat the Red Sox 4-3 Monday in Boston's annual Patriots' Day game. J.A. Happ (2-0) gave up one run and four hits in seven-plus innings.

THE ASSOCIATED PRESS

RECIPE Curried Chicken with Grapes in a Pita



PHOTO: MAYA VISNYEY

Ceri Marsh & Laura Keogh
For Metro Canada

This sweet and savoury combo is a great way to use up leftover chicken. But it's also a reason to pick up a rotisserie chicken on your way home if you don't have leftovers.

Ready in
Prep time: 10
Cook time: 20

Ingredients

- 2 cups diced cooked chicken
- 2 celery stalks, finely diced
- 1/2 cup seedless grapes, quartered
- 1 scallion, finely sliced
- 2 Tbsp mayonnaise
- 2 Tbsp Greek yogurt
- 1 tsp curry powder
- 1 tsp Dijon mustard

- salt and pepper to taste
- whole wheat pita pockets, sliced in half
- lettuce, washed and torn

Directions

1. In a bowl, toss together the diced chicken, celery, grapes and scallion.
2. In a small bowl, stir together the mayo, yogurt, curry powder and Dijon then blend it together with the chicken mixture. Taste before deciding how much salt and pepper you need.
3. Cut your pitas in half and tuck in a few pieces of lettuce.
4. Now spoon in your chicken salad. Serve with a green salad.

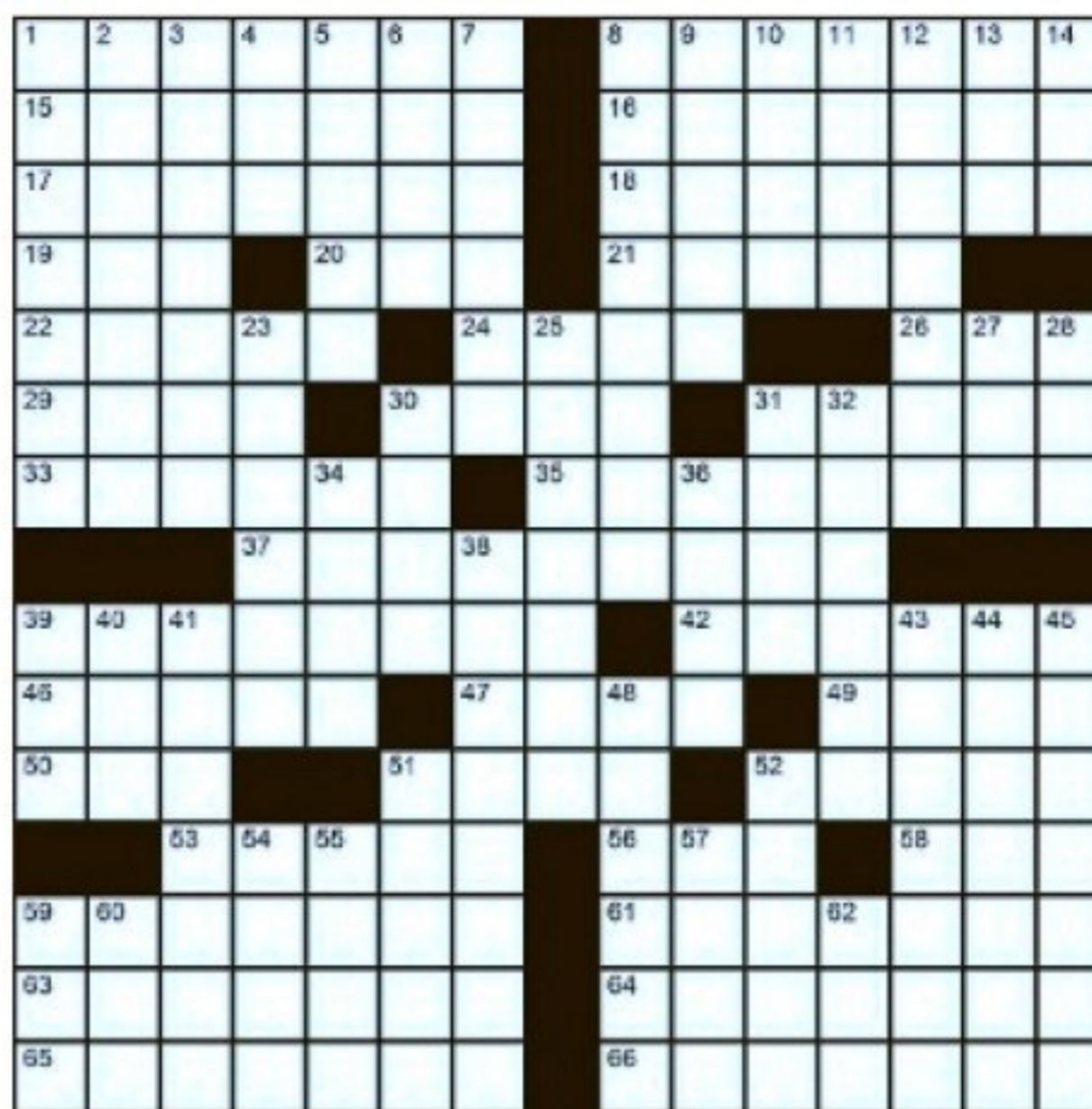
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Bells": Theme music in "The Exorcist" (1973)
8. Shook a bit
15. Useless
16. "I'm sorry."
17. Robert De Niro/Ben Stiller comedy, "Meet the..." (2000)
18. Info in a used-car ad
19. Painful expressions!
20. Garden pond fish
21. Finished
22. Fortunes
24. Pharmacy amount
26. Pixie
29. Barney's best cartoon friend
30. Sage or thyme
31. Wayne... (Batman's abode)
33. Tennis champion Ms. Williams
35. In a wide-mouthed-awestruck manner
37. Alberta: Beautiful attraction in Lethbridge, ... Japanese Garden
39. Like the four largest satellites of Jupiter
42. Harnessed
46. Shock Rock rocker, ... Cooper
47. Russian autocrat, once
49. Ms. Campbell of "Scream" (1996)
50. Famous
51. "... Lap" (1983)
52. Hard-to-climb hill's characteristic
53. Ring... (Get attention at the customer service desk)



56. Writer Mr. Levin
58. CSI evidence
59. "The Facts of Life" character
61. More like Mr. Duck of Looney Tunes
63. Supervise
64. Sir Edmund Hillary's conquest in '53
65. Ontario: Univer-

- sity in London
66. Ritzy vacation destinations

DOWN

1. Insider's info offerings
2. Not in-the-know
3. Partier making the balloon go "Pop!"
4. 'Comp' completor (Calculate)
5. Golfing domains
6. Opera voice

7. Live somewhere
8. Ontario/Quebec body of water: 2 wds.
9. Express, as a thought
10. Atomic No. 79
11. Hilarity
12. Placing deliveries on the truck

13. ... salad sandwich
14. Hair tinter
23. Like Adam and Eve's garden
25. Wedding dress material
27. Gretchen of movies
28. Use a crowbar
30. Cod-like fish
31. Mr. Myers
32. Sanctify
34. Cairo's river
36. Run smoothly as a car engine
38. Hamilton-born actress Ms. Robertson
39. Chitchat
40. Famous boxing last name
41. Binds, surgeon-style
43. More wanting
44. Most balanced
45. Leaves at the airport
48. More like a desert in climate
51. One using a pair of toolbox grippers, say
52. Vaults
54. "The Simpsons" character
55. "Nothing... Matters" by Bif Naked
57. Critic's thumbs-up review
59. At this moment
60. "... Maria"
62. Backwards

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel passionate and intense about everything. However, you will feel this particularly during discussions with bosses, parents and the police. Be careful.

Taurus April 21 - May 21
If you are looking for answers or doing research today, you will be like a dog with a bone: You will not give up until you find what you want.

Gemini May 22 - June 21
Disputes with a friend or a member of a group might arise today, especially about how to spend a specific amount of money or deal with shared property. Remember that discussions are a two-way street.

Cancer June 22 - July 23
Difficulties with bosses and parents might arise today, because you want to get your own way. Be careful. This relationship might end.

Leo July 24 - Aug. 23
You might decide to part ways with a group of people based on religious, political or racial views. Issues are hot; you will not betray your own values.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, insurance issues and shared property will be intense today. You might be at loggerheads with someone so fiercely that the relationship will end.

Libra Sept. 24 - Oct. 23
Sometimes we hang on to someone out of feelings of insecurity. Today you will examine your relationships and either change them or accept them for what they are.

Scorpio Oct. 24 - Nov. 22
Your zeal to introduce reforms at work might create resistance. You won't back down, which is why things will come to a head by the Full Moon on Thursday.

Sagittarius Nov. 23 - Dec. 21
Parents must be gentle with their kids today, because everyone is obsessed about something today. This means if someone wants something, they really want something. Be the adult in this scenario.

Capricorn Dec. 22 - Jan. 20
Family disagreements might be imminent, because different people want different things. Unfortunately, these feelings are intense. Hopefully, after Thursday's Full Moon there will be peace.

Aquarius Jan. 21 - Feb. 19
No matter what you discuss today, you will be passionately intense about it. Just be aware of this so that you know why others react as they do.

Pisces Feb. 20 - March 20
If shopping today, you will be obsessed about buying something. Well, if you want it and you can afford it, why not get it?

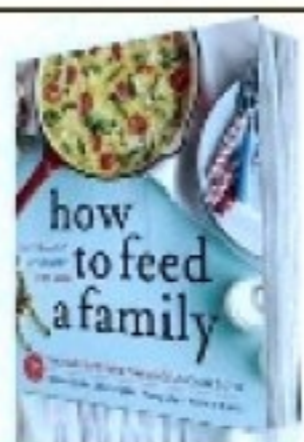
CONCEPTIS SUDOKU by Dave Green

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